



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 36003, APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu

Report Date: July 04, 2017 17:16 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------------|------|--------------------|----------------|------------|------|------|-----|--------|--------|-----------|---------------------------------------|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water ¹ | g | 68.28 | 6 | 0.158 | 67.7 | 68.9 | 5.0 | 67.872 | 68.684 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Energy | kcal | 143 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Energy | kJ | 600 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Protein ¹ | g | 5.01 | 6 | 0.127 | 4.77 | 5.44 | 5.0 | 4.684 | 5.336 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Total lipid (fat) ¹ | g | 4.34 | 6 | 0.118 | 3.9 | 4.6 | 5.0 | 4.04 | 4.646 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Ash ¹ | g | 1.29 | 6 | 0.017 | 1.21 | 1.32 | 5.0 | 1.248 | 1.335 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Carbohydrate, by difference | g | 21.08 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Fiber, total dietary ¹ | g | 1.3 | 3 | 0.064 | 1.2 | 1.5 | 2.0 | 1.053 | 1.607 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Sugars, total ¹ | g | 3.70 | 3 | 0.105 | 3.55 | 3.9 | 2.0 | 3.245 | 4.148 | 1 | Analytical or derived from analytical | -- | 03/2013 |

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|--------------------------------------|------|----------------|-------------|------------|------|------|-----|--------|--------|-----------|---------------------------------------|---------|---------------|
| Sucrose 1 | g | 0.00 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2009 |
| Glucose (dextrose) 1 | g | 0.00 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2009 |
| Fructose 1 | g | 0.00 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2009 |
| Lactose 1 | g | 3.66 | 3 | 0.067 | 3.55 | 3.78 | 2.0 | 3.369 | 3.944 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Maltose 1 | g | 0.00 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2009 |
| Galactose 1 | g | 0.04 | 3 | 0.040 | 0 | 0.12 | 2.0 | -0.132 | 0.212 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Starch 1 | g | 14.77 | 3 | 0.285 | 14.2 | 15.1 | 2.0 | 13.541 | 15.992 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1 | mg | 79 | 6 | 0.825 | 76 | 82 | 5.0 | 77.178 | 81.422 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Iron, Fe 1 | mg | 0.84 | 6 | 0.055 | 0.68 | 1.04 | 5.0 | 0.701 | 0.984 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Magnesium, Mg 1 | mg | 22 | 6 | 0.563 | 20 | 24 | 5.0 | 20.452 | 23.348 | 1 | Analytical or derived from analytical | -- | 03/2013 |

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|---------------------------------|------|-----------------|-------------|------------|------|------|-----|---------|---------|-----------|---------------------------------------|---------|---------------|
| Phosphorus, P 1 | mg | 104 | 6 | 1.258 | 101 | 109 | 5.0 | 100.265 | 106.735 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Potassium, K 1 | mg | 163 | 6 | 3.556 | 152 | 174 | 5.0 | 154.193 | 172.474 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Sodium, Na 1 | mg | 288 | 6 | 3.363 | 281 | 299 | 5.0 | 279.021 | 296.312 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Zinc, Zn 1 | mg | 0.57 | 6 | 0.013 | 0.54 | 0.63 | 5.0 | 0.535 | 0.602 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Copper, Cu 1 | mg | 0.061 | 6 | 0.002 | 0.06 | 0.07 | 5.0 | 0.056 | 0.066 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Manganese, Mn 1 | mg | 0.254 | 6 | 0.011 | 0.23 | 0.3 | 5.0 | 0.225 | 0.283 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Selenium, Se 1 | µg | 23.1 | 3 | 0.361 | 22.4 | 23.6 | 2.0 | 21.548 | 24.651 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Vitamins | | | | | | | | | | | | | |
| Thiamin 1 | mg | 0.103 | 3 | 0.015 | 0.08 | 0.13 | 2.0 | 0.041 | 0.166 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Riboflavin 1 | mg | 0.283 | 3 | 0.009 | 0.27 | 0.3 | 2.0 | 0.245 | 0.321 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Niacin 1 | mg | 0.970 | 3 | 0.079 | 0.82 | 1.09 | 2.0 | 0.628 | 1.312 | 1 | Analytical or derived from analytical | -- | 03/2013 |

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|----------------------------------|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| Pantothenic acid ¹ | mg | 0.550 | 2 | -- | 0.55 | 0.55 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Vitamin B-6 ¹ | mg | 0.065 | 3 | 0.002 | 0.06 | 0.07 | 2.0 | 0.057 | 0.073 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Vitamin B-12 ¹ | µg | 0.24 | 3 | 0.018 | 0.21 | 0.27 | 2.0 | 0.167 | 0.319 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Vitamin A, RAE | µg | 18 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Retinol ¹ | µg | 18 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Carotene, beta ¹ | µg | 4 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Carotene, alpha ¹ | µg | 0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Cryptoxanthin, beta ¹ | µg | 0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Vitamin A, IU | IU | 67 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Lycopene ¹ | µg | 0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |

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|--|------|-----------------|-------------|------------|------|------|-----|--------|-------|-----------|---------------------------------------|---------|---------------|
| Lutein + zeaxanthin 1 | µg | 95 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Vitamin E (alpha-tocopherol) 1 | mg | 0.52 | 3 | 0.036 | 0.46 | 0.58 | 2.0 | 0.365 | 0.676 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Tocopherol, beta 1 | mg | 0.03 | 3 | 0.016 | 0 | 0.05 | 2.0 | -0.036 | 0.098 | 1 | Analytical or derived from analytical | -- | 04/2009 |
| Tocopherol, gamma 1 | mg | 1.03 | 3 | 0.019 | 1 | 1.06 | 2.0 | 0.947 | 1.112 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Tocopherol, delta 1 | mg | 0.02 | 3 | 0.015 | 0 | 0.05 | 2.0 | -0.05 | 0.08 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.312 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 4:0 1 | g | 0.035 | 3 | 0.003 | 0.03 | 0.04 | 2.0 | 0.026 | 0.048 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 6:0 1 | g | 0.027 | 3 | 0.002 | 0.03 | 0.03 | 2.0 | 0.02 | 0.036 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 8:0 1 | g | 0.017 | 3 | 0.001 | 0.02 | 0.02 | 2.0 | 0.014 | 0.021 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 10:0 1 | g | 0.043 | 3 | 0.002 | 0.04 | 0.05 | 2.0 | 0.035 | 0.055 | 1 | Analytical or derived from analytical | -- | 03/2013 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| 12:0 1 | g | 0.047 | 3 | 0.004 | 0.04 | 0.06 | 2.0 | 0.034 | 0.064 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 14:0 1 | g | 0.153 | 3 | 0.010 | 0.15 | 0.18 | 2.0 | 0.118 | 0.203 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 15:0 1 | g | 0.019 | 3 | 0.002 | 0.02 | 0.02 | 2.0 | 0.013 | 0.027 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 16:0 1 | g | 0.635 | 3 | 0.028 | 0.64 | 0.72 | 2.0 | 0.544 | 0.787 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 17:0 1 | g | 0.013 | 3 | 0.001 | 0.01 | 0.01 | 2.0 | 0.01 | 0.018 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:0 1 | g | 0.285 | 3 | 0.016 | 0.28 | 0.33 | 2.0 | 0.231 | 0.366 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 20:0 1 | g | 0.019 | 3 | 0.001 | 0.02 | 0.02 | 2.0 | 0.017 | 0.022 | 1 | Analytical or derived from analytical | -- | 04/2009 |
| 22:0 1 | g | 0.010 | 3 | 0.000 | 0.01 | 0.01 | 2.0 | 0.009 | 0.012 | 1 | Analytical or derived from analytical | -- | 04/2009 |
| 24:0 1 | g | 0.008 | 3 | 0.001 | 0.01 | 0.01 | 2.0 | 0.005 | 0.012 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Fatty acids, total monounsaturated | g | 1.951 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |

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|---|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| 14:1 1 | g | 0.016 | 3 | 0.001 | 0.01 | 0.02 | 2.0 | 0.013 | 0.02 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 15:1 1 | g | 0.000 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2009 |
| 16:1 undifferentiated 1 | g | 0.036 | 3 | 0.003 | 0.03 | 0.04 | 2.0 | 0.023 | 0.052 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 16:1 c 1 | g | 0.029 | 3 | 0.003 | 0.03 | 0.04 | 2.0 | 0.018 | 0.043 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 16:1 t 1 | g | 0.007 | 3 | 0.001 | 0.01 | 0.01 | 2.0 | 0.004 | 0.011 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 17:1 1 | g | 0.005 | 3 | 0.000 | 0.01 | 0.01 | 2.0 | 0.004 | 0.007 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:1 undifferentiated 1 | g | 1.854 | 3 | 0.104 | 1.83 | 2.15 | 2.0 | 1.495 | 2.39 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:1 c 1 | g | 1.808 | 3 | 0.101 | 1.78 | 2.1 | 2.0 | 1.458 | 2.33 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:1 t 1 | g | 0.046 | 3 | 0.004 | 0.04 | 0.05 | 2.0 | 0.033 | 0.063 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 20:1 1 | g | 0.039 | 3 | 0.001 | 0.04 | 0.04 | 2.0 | 0.038 | 0.044 | 1 | Analytical or derived from analytical | -- | 03/2013 |

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|---|------|-------------------|----------------|------------|------|------|-----|--------|-------|-----------|---------------------------------------|---------|------------------|
| 22:1 undifferentiated ¹ | g | 0.001 | 3 | 0.001 | 0 | 0 | 2.0 | -0.003 | 0.005 | 1 | Analytical or derived from analytical | -- | 04/2009 |
| 22:1 c ¹ | g | 0.001 | 3 | 0.001 | 0 | 0 | 2.0 | -0.003 | 0.005 | 1 | Analytical or derived from analytical | -- | 04/2009 |
| 22:1 t ¹ | g | 0.000 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2009 |
| 24:1 c ¹ | g | 0.000 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Fatty acids, total polyunsaturated | g | 0.952 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 18:2 undifferentiated ¹ | g | 0.714 | 3 | 0.019 | 0.72 | 0.79 | 2.0 | 0.667 | 0.828 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:2 n-6 c,c ¹ | g | 0.686 | 3 | 0.019 | 0.7 | 0.76 | 2.0 | 0.637 | 0.8 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:2 CLAs ¹ | g | 0.010 | 3 | 0.001 | 0.01 | 0.01 | 2.0 | 0.008 | 0.014 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:2 t not further defined ¹ | g | 0.018 | 3 | 0.001 | 0.02 | 0.02 | 2.0 | 0.014 | 0.024 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:3 undifferentiated ¹ | g | 0.228 | 3 | 0.009 | 0.23 | 0.26 | 2.0 | 0.199 | 0.278 | 1 | Analytical or derived from analytical | -- | 03/2013 |

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|------------------------------------|------|----------------|-------------|------------|------|------|-----|--------|-------|-----------|---------------------------------------|---------|---------------|
| 18:3 n-3 c,c,c (ALA) ¹ | g | 0.219 | 3 | 0.009 | 0.22 | 0.25 | 2.0 | 0.192 | 0.267 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:3 n-6 c,c,c ¹ | g | 0.009 | 3 | 0.001 | 0.01 | 0.01 | 2.0 | 0.005 | 0.013 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:3i ¹ | g | 0.000 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 18:4 ¹ | g | 0.000 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2009 |
| 20:2 n-6 c,c ¹ | g | 0.003 | 3 | 0.001 | 0 | 0.01 | 2.0 | -0.001 | 0.007 | 1 | Analytical or derived from analytical | -- | 04/2009 |
| 20:3 undifferentiated ¹ | g | 0.001 | 3 | 0.001 | 0 | 0 | 2.0 | -0.002 | 0.005 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 20:3 n-6 ¹ | g | 0.001 | 3 | 0.001 | 0 | 0 | 2.0 | -0.002 | 0.005 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 20:4 undifferentiated ¹ | g | 0.007 | 3 | 0.002 | 0.01 | 0.01 | 2.0 | -0.002 | 0.016 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 20:5 n-3 (EPA) ¹ | g | 0.000 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 22:4 ¹ | g | 0.000 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2013 |

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| 22:5 n-3 (DPA) ¹ | g | 0.000 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2013 |
| 22:6 n-3 (DHA) ¹ | g | 0.000 | 3 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2009 |
| Fatty acids, total trans | g | 0.071 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Fatty acids, total trans-monoenoic | g | 0.053 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Cholesterol ¹ | mg | 7 | 3 | 0.145 | 7 | 7 | 2.0 | 6.441 | 7.692 | 1 | Analytical or derived from analytical | -- | 03/2013 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan ¹ | g | 0.063 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Threonine ¹ | g | 0.147 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Isoleucine ¹ | g | 0.273 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Leucine ¹ | g | 0.473 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Lysine ¹ | g | 0.189 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Methionine ¹ | g | 0.115 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |

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| Cystine 1 | g | 0.095 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Phenylalanine 1 | g | 0.273 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Tyrosine 1 | g | 0.168 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Valine 1 | g | 0.326 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Arginine 1 | g | 0.210 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Histidine 1 | g | 0.136 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Alanine 1 | g | 0.179 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Aspartic acid 1 | g | 0.347 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Glutamic acid 1 | g | 1.597 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Glycine 1 | g | 0.147 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |

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| Proline ¹ | g | 0.809 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Serine ¹ | g | 0.210 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |
| Hydroxyproline ¹ | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2013 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16h, 2012 Beltsville MD